



WEEK 4



MONDAY
GETS
CURIOUS

THIS WEEK: START A HOBBY



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

- Now that START A HOBBY week is over, let's see how we did on our weekly goals.

2) RE-SHARE THE WEEKLY GOALS:

- Learn about and choose new hobbies that will add value and joy.
- Cultivate curiosity that results in new pursuits.
- Discover how our hobbies and interests can benefit others.
- Understand how START A HOBBY is an important part of this month's theme, MONDAY GETS CURIOUS.

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.

- What are your thoughts on HOBBIES now that START A HOBBY week is over?
- Before this week, did you think you had any HOBBIES?
 - How about now?
- Why do you think your HOBBIES and interests MATTER?
- How you learned more about your own interests through START A HOBBY week?
- How has CURIOSITY played a part in your life this week?
- What specific things did you do this week to discover new HOBBIES?
- What did you do to learn about the HOBBIES and interests of those around you?
- How might being involved in HOBBIES help us make positive choices in our lives?
 - How might we avoid destructive choices by having HOBBIES?
- How much time do you think you could give to your HOBBIES each day or each week?
- How can you balance the tasks you have to do and the HOBBIES you want to do?

-
- How has learning about your own HOBBIES and the HOBBIES of others helped your relationships to grow?
 - What is one new thing you learned about a friend or loved one's "HOBBY" this week?
 - Do you think you could turn your "HOBBY" into an entrepreneurial opportunity?
 - How might you do it?
 - What tools, support, or help would you need in order to be successful?
 - What would be your first step?

4) THANK STUDENTS FOR BECOMING "CURIOUS" ENOUGH ABOUT THEIR OWN LIVES TO DISCOVER MORE "HOBBIES" AND THINGS THAT INTEREST THEM. REMIND THEM THAT THEIR "HOBBIES" ARE IMPORTANT AND ARE A GREAT WAY TO BRING BALANCE AND JOY TO THEIR LIVES. REMIND THEM THAT OFTEN, WE NEED TO MAKE TIME FOR OUR "HOBBIES" AND ENCOURAGE THEM TO PRIORITIZE TIME FOR THEIR "HOBBIES" THIS WEEK.

5) CHALLENGE STUDENTS TO BECOME GENUINELY "CURIOUS" ABOUT IN THE "HOBBIES" THAT OTHERS ARE PURSUING, AND TO BE WILLING TO TRY NEW "HOBBIES" AS OCCASION PERMITS.

“ FIND THE THINGS YOU LOVE AND DO THEM EVERY DAY, EVEN IF MEANS FAILING. ”

- JULIE MURPHY, AUTHOR